

Best Food Buys

Budget Items Plentiful

Foodshoppers will be greeted by a large selection of budget-priced food items at their favorite market this week, reports Tom Piper, Penn State Extension Marketing Agent. Meats and vegetables will provide the widest selection of values; fresh fruit bargains are seasonally scarce.

Values at the meat counter will include beef, poultry, lamb and selected pork cuts. Chuck roasts and a wide variety of steaks will be offered at economy prices along with lamb chops and pork loin cuts in some stores. Fryers will be a featured value in many stores; eggs and turkeys remain on the list of good food buys.

Cabbage, potatoes, broccoli, parsley, celery, onions, endive, escarole, lettuce and small sized tomatoes are on the list of good buys in vegetables. Prices on eggplant, cucumbers, asparagus and carrots will appear lower than noted in recent weeks. Peppers remain a costly item.

April and May are the months of peak supply for bananas and pineapples. Prices should be at the seasonal low. Grapefruit continues as the outstanding citrus buy and quality is excellent.

Orange prices have shown a slight decline. Lemons, strawberries and avocados are available in good supply but prices are on the high side. Movement has been good on winter grapes and apples but supplies are nearing depletion.

Consumer advantages may be noted on certain foods. Look for slight price reductions on peaches, corn, peas, flour, sugar and coffee.

'Read the label' is good advice for shoppers who desire to select the processed food items most suitable for their families' tastes and pocketbook. The ingredients are listed in the order of their predominance in the food. The label also specifies—by either weight, volume, or measure—exactly how much food is in the can or package. Weight is given in pounds and ounces, volume in fluid ounces, and measure by cups or pieces. Because of varia-

tions in the size and amounts in different cans and packages, checking the label for quantity can be important.

Avoid grazing cattle before the pasture grasses and legumes begin active growth in the spring. It is not necessary or desirable, however to wait until much spring growth accumulates, according to pasture specialists at the University of Missouri. The growth rate of cool-season grasses increases rapidly in late April and reaches a maximum in May. If grazing begins much later than when grasses begin vigorous growth, undergrazing in May will be unavoidable.

Human beings are strange creatures. We spend the first two years of a child's life trying to teach him to walk and talk and the next 16 to sit down and be quiet.

County Co-op Has Opening

New processing equipment, a branch warehouse, and retail farm supply store were exhibited to the public at an open house by the Lancaster County Farm Bureau Cooperative Friday night.

The new facilities, located on Hess Street, Quarryville will process six grades of feeds, operate a portable hammermill and act as contact point for fertilizer and petroleum services of the cooperative.

Milling and mixing facilities will turn out both 14 and 16 per cent dairy rations as well as a 32 per cent dairy supplement. Processing will also include 16 and 22 per cent poultry feed and 40 per cent poultry supplement.

The plant and sales room are in a newly constructed building and connected to a remodeled feed mill purchased by the cooperative last year.

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